



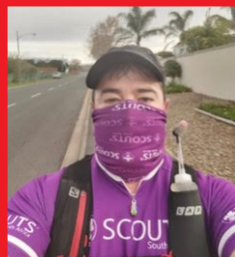
Western Cape Scouter

Issue 2 - June 2020

PLEASE wear your face mask



or your winter buff



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editor's note



I would like to thank all contributors to this unique edition of the Western Cape Scouter newsletter.

As many restrictions have been lifted, a new "normal" is what everybody is getting used to. The very important (at least to many all over the world, but not all) wearing on masks outside of the home and social distancing still does now allow for large gathering of people.

I think most people understand that and many activities have been adjusted and many have been invented in many spheres of society.

Scouting is obviously one of the areas affected by the new rules, but we are glad to see how the scout community has responded to this new challenge.

There seem to be many more people, including many members of the scouting community, who are helping many most affected people in their time of need.

This edition of the newsletter highlights how Meerkats, Cubs, Scouts and Rovers have responded to this new challenge.

I know that many people in all

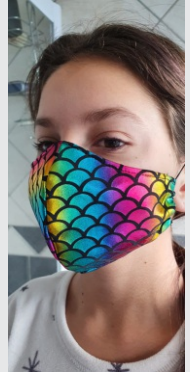
walks of life have either been badly affected by this virus or know of someone who has lost his/her job. Many are going hungry and the community seems to have responded admirably to the plight of these people.

I personally know of a few groups (one of them run by one of my daughters) who are feeding hundreds. Some of us are unfortunately, due to our age or personal ailments, unable to physically go out and help other less fortunate.

I would like to invite more of the scouters to send in their experiences during these unusual times, how their life has changed and what they are doing to help others.

Keep wearing your masks (to be thoroughly washed every day), wash your hands as often as possible and keep social distancing, even if many do not seem to do so. It is your life as well as that of others near you.

Stay safe and keep smiling.



regional commissioner's reflections - june 2020

This edition of Western Cape Scouter is happening as we all await the regulations that will lighten the current Level 3 Lockdown restrictions, yet need to balance that with the Western Cape moving ever closer to the expected peak in transmissions. Really a fine balance for all to achieve.

We need to always remain resolute in our protective measures around preventing the spread of the Corona virus. We must both protect ourselves as well as ensure we do not unknowingly pass on the virus. This means maintaining our social distance, washing hands regularly and wearing our masks when outside your home.

We collectively give our support to and keep in mind those in need, those struggling with the lockdown impacts and especially those who are infected and affected by the virus. Our communities need our empathy, and our condolences go to members who have lost loved ones in difficult circumstances. Stay strong.

Many Groups have rallied around Scouting at Home using online scouting and creative ways to continue advancement, invest new members and run scout programs.



We are not yet (things change rapidly though) able to reopen for meetings or activities, but have prepared protocols and a toolkit for use once regulations allow.

Whilst we all look forward to getting going again, many have embraced the #HikeToMahikeng 1290km challenge currently running to 01 August - I do hope you are all taking part in this virtual National outdoor challenge. Just form a team (family, unit, group or even as a district), log your distances each time you walk/hike or jog and lets see how many teams from WCR can make it to Mahikeng before the cut off.

Stay active, stay safe and enjoy the Scouting stories shared in this edition.

Paddy Milner
Regional Commissioner

scout programme

Lockdown Trophy

The Lockdown Trophy was a competition for junior Scouts run in the comfort of their home. A pilot was run on 19 April 2020 to test the concept. Great work was done by Jamie Stewart and Jason Raad who were able to configure a server for over 40 teams with all the necessary permissions for Scouts and judges, who were all connected using the Discord voice and text channels. They also coordinated activities that judges put together to challenge our young Scouts. The competition was a great success. Congratulations to all participants and winners – 1st Bergvliet, second – 1st Blaauwberg, third – 2nd Bergvliet.

New Springbok Scouts

We congratulate our most recent Springbok Scouts being: Orion Barker – 2nd Rondebosch, Nina Holling – 2nd Hout Bay, Natasha Roomes – 1st Claremont and Makaya Storm – 1st Plettenberg Bay.

Online Activities

It has been great to see that many Troops having been having running online activities and Scouting

continues, albeit in a novel way. Well done to all those involved in the programming and Scouts who have advanced.

Regional Team Coordinator – Scout Programme Western Cape
Nigel Forshaw

Lockdown Trophy Team Results

#	Team	Pos.	Score
1	1st Bergvliet Team A	1	304,5
2	1st Blaauwberg Team A	2	261,5
23	2nd Bergvliet Team A	3	257,5
33	6th Rondebosch Team A	4	245
8	1st Claremont Team B	5	242
10	1st Claremont Team D	6	233,5
7	1st Claremont Team A	7	225,5
3	1st Blaauwberg Team B	8	215,5
9	1st Claremont Team C	9	214,5
11	1st Fish Hoek Guides Team A	10	208
35	6th Rondebosch Team C	10	208
24	2nd Bergvliet Team B	12	203,5
38	1st Fish Hoek Team A	13	198
34	6th Rondebosch Team B	14	195
28	2nd Hout Bay Team A	15	193
39	1st Fish Hoek Team B	16	186,5
6	1st Bothasig Team B	17	186
17	1st Muizenberg Team A	18	176
18	1st Muizenberg Team B	18	176
25	2nd Fish Hoek Team A	20	174,5
12	1st Gordons Bay Team A	21	165
4	1st Blaauwberg Team C	22	164,5
27	2nd Fish Hoek Team C	22	164,5
13	1st Hermanus Team A	24	158
15	1st Monte Vista Team A	25	157
42	1st Pinelands Team B	26	156
41	1st Pinelands Team A	27	153
26	2nd Fish Hoek Team B	28	150,5
14	1st Hermanus Team B	29	149
16	1st Monte Vista Team B	30	148
43	1st Pinelands Team C	30	148
20	1st Somerset West Team B	32	147
29	2nd Hout Bay Team B	33	144,5
36	9th / 16th Cape Town Team A	34	135,5
19	1st Somerset West Team A	35	130
40	1st Fish Hoek Team C	36	127,5
21	1st Somerset West Team C	37	123,5
5	1st Bothasig Team A	38	122
22	1st Stellenbosch Scouts Team A	39	120,5
32	2nd Kenridge Air Scouts Team A	40	120
30	2nd Hout Bay Team C	41	112
31	2nd Hout Bay Team D	42	0
37	Durbanville Kraaifontein Team A	42	0
44	1st Stellenbosch Scouts Team B	42	0

lockdown trophy

My team got on Discord - an application that allows multiple people to speak and send messages to each other - half an hour before the competition in order to prepare.

We checked that everyone's microphone and speakers were working then we joined the channel on the Lockdown Trophy server that the opening parade would happen in. Jason Raad introduced the competition and explained the format of the tasks.

We receive our tasks in a dedicated 'Instructions' text channel and then complete them and send them in our private team text channel where the judges would mark them.

We were off. The tasks all had deadlines we had to have them in by and the first set of tasks, due 30 minutes after the parade, included a particularly difficult task of identifying a set of ten birds from a picture. We worked together to harness our birding wisdom and submitted the answers in our

channel.

Then it started getting more difficult. There were about five tasks due every half hour which meant that our entire team had to be working throughout the duration of the tasks. To make the competition even more stressful, judges would join our team voice channel and ask us questions verbally. Eventually though, my team started to work faster and we even had time for a lunch break in between tasks.

One of the most memorable tasks for me was called "Take it all in" which had me travelling up the signal hill road in Google Maps, looking for signs and clues along the way.

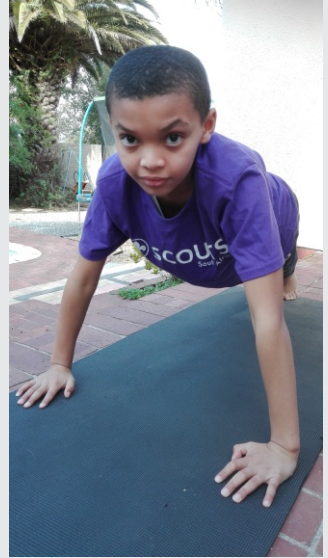
Once the three chaotic hours were over, the judges gave us a final task to complete while the teams answers were being marked. We had to Photoshop our team into a picture of the view from Signal Hill, which was won by team 6. We then all crowded back into the parade ground channel and received the top ten teams.

lockdown trophy

All in all the competition was a blast, even though it was very difficult and demanding on the team, we still all had fun completing interesting tasks and learning something new about Cape Town at the same time.

Nathan Smith – PL 1st Bergvliet Team 1

Editor: Nathan's team won the Lockdown Trophy



1st bothasig troop lockdown

After receiving the Covert 19 holiday Challenge from Nigel (thank you 1st Stellenbosch), I quickly emailed it out to the Scouts with a prize to the Scout with the most points.

The first challenge to come in on WhatsApp, was from a Scouts' Mom, the very next day.

"Hi kids, just a little teaser to get the Scouts quarantine challenge started. Kristen made dinner for 7 people (challenge number 2)."

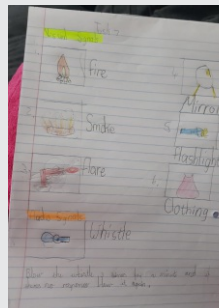
After that the tasks just kept coming.

One Scout completed 87 of the 100 tasks, some Scouts were not happy when I terminated the challenge on the 30th April. 70% of our Scouts took part.

There were more lockdown programmes from the web, but these did not work well with my



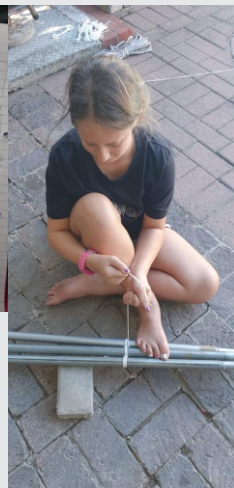
Scouts. Most of them did not have laptops and had limited data so Discord



and Zoom was out of the question for many of them.

I took some of the ideas from the programmes and drew up my own and emailed the parents each week and followed up via WhatsApp. With Badges, I found that if I take a badge and dissect it, explain how it should be done, I had more Scouts taking part. Now, a number of badges have been completed by the Scouts.

Terrance Ievers
Troop Scouter –
1st Bothasig



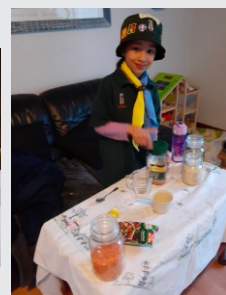
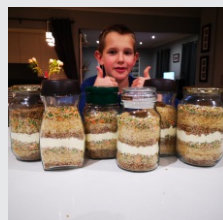
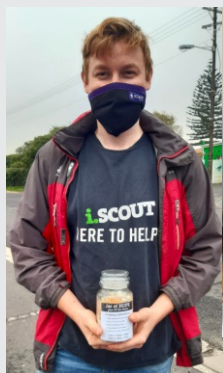
jars of hope challenge

DK Sea Scouts rise to the occasion
In a plight to help people during lockdown, the Durbanville / Kraaifontein Sea Scouts have been very busy putting together special "Jars of Hope". Each jar contains the contents for a hearty soup meal, including rice, soup mix, lentils, a stock cube and soup powder. With the idea of each jar feeding four people, the recipients simply need to boil 2.5 litres of water, add the jar contents, stir and enjoy.

Angela Hillier, one of the leaders from the group, said that over 100 jars have been contributed from their Rovers, Scouts, Cubs and Meerkats. Due to lockdown, the members have been attending weekly Zoom meetings and the bulk of the jars were packed together at their last meeting.

The Rovers (aged 18 – 30) will be delivering the jars to car guards within the Durbanville, Kraaifontein and Brackenfell area within the next couple of weeks.

For further information about the Durbanville/Kraaifontein Sea Scouts, please contact Angela Hillier on 072 867 9911.



jars of hope challenge

Is your group up for the challenge?

In an effort to help people in a plight during lockdown, the Durbanville/Kraaifontein Sea Scouts would like to challenge all Meerkats, Cubs, Scouts and Rovers to make "Jars of Hope" or "Meals in a bag". These meals are very easy to make and we made ours during an online Zoom meeting!

Each jar contains the contents for a hearty soup meal, including rice, soup mix, lentils, a stock cube, and soup powder. With the idea of each jar/bag feeding four people, the recipients simply need to boil 2.5 litres of water, add the jar/bag contents, cook for 1 hour and enjoy.

Collectively, DK prepared 110 "Jars of Hope" and "Meals in bags", these gave 450 people a meal! The Rovers distributed them to car guards and needy people within the Durbanville, Kraaifontein and Brackenfell area. The Jars were received with great enthusiasm and gratitude.

They are challenging your group to better or equal their accomplishment!

How to make a "Jar of Hope" or "Meal in a bag".

What you need:

- ½ cup rice
- ½ soup mix
- ½ cup lentils
- 1 unwrapped stock cube
- 1 packet soup powder
- A large jar or Ziplock bag
-

Instructions:

- Measure your ingredients
- Place the ingredients in layers in the jars or bags
- Lastly unwrap your stock cube and place it on top
- Seal your Jar/bag
- Attach the cooking instructions
- Hand them out to needy people



lockdown heroes

A number of the Scouts, Cubs and Meerkats from the Durbanville/Kraaifontein (DK) Sea Scouts took part in the "Lockdown Heroes Challenge" to help feed the needy during lockdown.

The challenge was to either run 1 km or to complete a set of aerobic exercises every day, for 15 days, at their homes. Their goal was to raise a minimum of R150, in order to pay for a food parcel to feed a family of 4 for a week! Participants were encouraged to ask their families and friends to sponsor them for each day they completed the challenge, to raise as much money as possible.

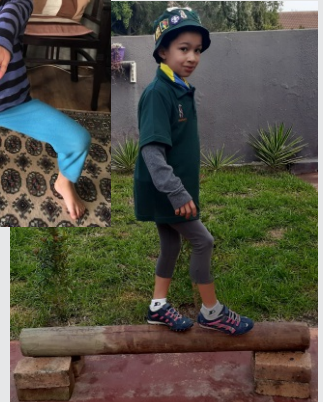
A total of R13,815 was raised for this worthy project. R10,000 of this money was donated to the following charities: The Peninsula Feeding Scheme; the Durbanville Baptist Church (for crisis relief in Delft, Fisantekraal, and other local areas); and U-turn (who provide meals to the homeless).

The remainder of the money was used to put together food parcels and vegetable boxes. The DK Rovers packed these items and delivered them to families affected by Covid-19 in their immediate area.

These members have proved that even in "Lockdown" they can live up to their promise:

Meerkats can "be kind and stand

tall", Cubs can "do a good turn to somebody every day" and Scouts can "help other people at all times".



the hawequas adirondack shelter



The story starts in 2016, when I was hiking down the Fish River Canyon, in Namibia.

Photo 1

While hiking down the Canyon, we kept on meeting up with a party from the UK. On the third day, one of the UK party started chatting to me and asked if I was Kuba? Turned out he had been a Scout in 10th G.A.S.P. – his Troop Scouter had been a larger than life Scouter, Mike Cohen. Mike and I had been great friends, very involved in the Scout Mountain Club and Brian Susskind had been a young Scout at the time – At the end of our Fish River Hike, at Ai Ais, Brain came up to me to ask about scouting, about Hawequas

etc. At the end of our conversation, Brian asked me to send him a list of what we needed for Hawequas – I produced a whole list, ending off with an Adirondack Shelter – Brian



the hawequas adirondack shelter

chose the Shelter. Brian now lives in the UK where he runs a very successful online sports betting business.

The Adirondack Shelter, pronounced Ader-on-dack, was designed by Boy Scouts of America and placed in the Adirondack Mountains, at Philmont Scout Ranch, in the Appellations, on the East Coast of USA. There are now nearly 1500 Adirondack Shelters all over the USA.

Photo 2

One of our ex Chief Scouts, Colin Inglis, was always wanting to have one somewhere in SA – what better place than Hawequas!

The logistics of building a shelter high up on a saddle in Hawequas were quite daunting. We decided to build the Shelter in a knock down format, first building it on the stoep of the Strawbale House. Once built, we took all the components, the walls, floor base, roof trusses etc apart and packed it all on the floor base



into a flat pack to be taken up the mountain. We now had to clear the site in the saddle and dig holes for the supporting poles to be set in the ground. We weren't allowed to use any concrete, the whole concept was a "Lightly Touch" the earth idea. Finally the day arrived and the flat pack was flown up to the site by very kind benefactors.

Photo 3

We finally finished construction during lock down – we had a team



the hawequas adirondack shelter

of Malawians led by Peter Pittendrigh who did the work for us, with many trips up and down the mountain by all. During the process we also had a new path built linking the Shelter to the MTB route, giving us a very nice hike route, the North Circular Hike. A new route is being built from Brooklyn Bridge around the back of Mt Ingles, to the shelter – this will be the South Circular Hike.

Brian has requested a Plaque to be put up in the Shelter, thanking Mike Cohen –

Thank You to Brian Susskind to have the vision and to all involved. Another great addition to Hawequas!



city nature challenge

The challenge is run by the California Academy of Sciences and the Natural History Museum of Los Angeles County every year. It is a citizen science project which demands that you and I take photographs of birds, amphibians, reptiles, mammals, fish, molluscs, spiders, insects, plants and fungi. Photos were uploaded to www.inaturalist.org and so the natural history of the world is recorded. Most people used the phone app but a traditional camera and uploading using an internet browser was also used.

We had huge support from Meerkats, Cubs, Scouts, Rovers, Scouters and parents taking part. Those who submitted 10 or more observations qualified for the City Nature Challenge badge – there were all 407 of you. We submitted: Cape Town – 9,128 observations out of 34,442 which was approximately 25% of the City of Cape Town data.

Garden Route – 1,234 observations

out of 16,487 which was 7.5% of the Garden Route data.

This was a wonderful effort and after the success of this challenge in 2019 and 2020 we hope to be back in 2021.

Regional Team Coordinator – Scout Programme Western Cape
Nigel Forshaw



hawequas buchu project

Buchu grows naturally in the Western Cape mountains, for many years harvested all over the mountains by Buchu pickers who lived in the mountains. There are some wonderful fables and stories of these people. Buchu is now cultivated, on virgin soil, on South facing slopes. The leaves are very rich in oil, which has now become a very valuable commodity internationally in the pharmaceutical industry.

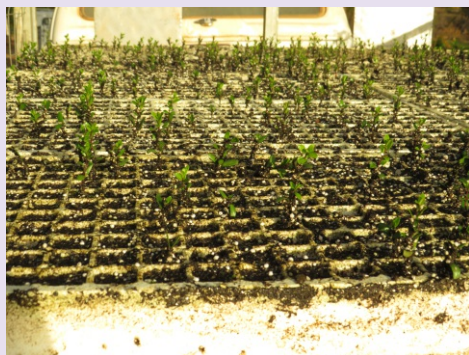
Photo 1



Why a Buchu Project at Hawequas you may ask? Hawequas needs a steady income that will grow each year to help us keep developing Hawequas. We cannot just rely on income from users.

Photo 2

One of our neighbours has done very well with Buchu – we decided



to start off with a piece of land we identified .8 of a hectare. We got Agrico, an irrigation company to design the required system. Next we cleared the area and put in the irrigation system. We needed 10 000 litre in header tanks just above the MTB route, a supply line from the existing tank feed to the new tank. From the new tanks we have put in a main supply line coming to a manifold which houses a filter and splits to 3 sub-mains, allowing us to irrigate 3 separate blocks that we will be planting. Drip lines are plumbed into the sub-mains and stretched across the field. Each line is attached to a steel dropper at the other end, which we made from scrap steel to save costs.

On average we will only need to irrigate for about four months of the year.

hawequas buchu project

Photo 3



Buchu Moon, a supplier is providing us with seedlings, which they plant. A plant will last about 50 years. To harvest, $\frac{3}{4}$ of the plant is "Pruned" – the leaves and twigs get pressed to extract the oils. This all gets done by the supplier, who markets the oil and pays us. The price for oil has gone up by 300% in the last 5 years.



Photo 4

Scouts will be able to get involved with the project, helping with tending the plants, controlling Termites which are about the only pests that effect the plants. The first crop should be ready after 18 to 24 months. For the first year one sees very little growth, as the plant is putting roots down.

Photo 5



We have the possibility to quadruple the area, which we may do once we see how the project works for us!

Kuba Miszewski
Manager Hawequas Scout
Adventure Centre

online sandwich drive

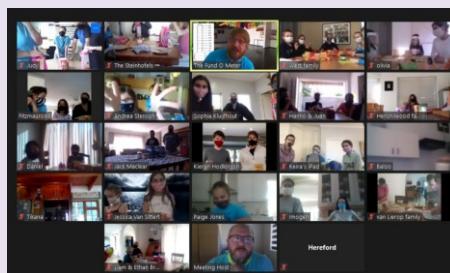
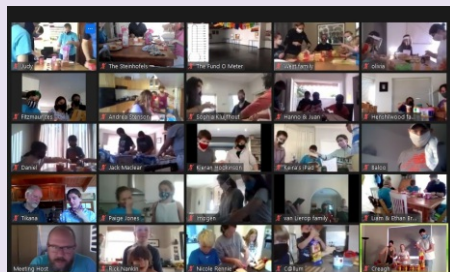
On Sunday the 7th June, the 2nd Bergvliet group got together to make sandwiches for those less fortunate than us. Obviously with the fact that the country was in lockdown we did this Virtually using Zoom. In total we made 3245 Sandwiches that were then delivered to the LadlesOfLove organisation to distribute.

Zoom provided us with a fantastic way to build the community spirit and share a laugh and a smile (even if it was behind a mask) with our scouting family.

I think one of the hardest things about this pandemic is the fact that Scouts were not allowed to get out there and help. Rovers and Scouters took the responsibility and were doing a fantastic job but Cubs and Scouts were confined to their homes. This project gave them a chance to get involved and from what I hear they have continued to contribute and are finding other ways to help where they can.

I am really looking forward to hearing what other scout groups

have been up to during lockdown and how they have overcome the limitations that have been set on us.



online sandwich drive

If any group is interested in doing a similar project, they are welcome to contact us for the full details.

Richard Steinhofel
Pack Scouter: 2nd Bergvliet Sea
Scouts - Lukannon



contact details

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